

SHONTO PREPARATORY SCHOOL

MAY 2022



BREAKFAST LUNCH DINNER MENU

T a'a'tsoh "Big Leaves"

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Navajo Rug	2	3	4	5	6	7	
	Breakfast pizza, apple churro bar, fruit, milk	Cold cereal, cinnamon roll, peaches, milk	Late Start	Egg patty, slice ham, English muffin, jelly, melon, fruit, juice, milk	Hot oatmeal, banana muffin, fruit, milk	"This institution is an equal opportunity provider"	
	Beef & bean burrito, Spanish rice, steamed cauliflower, peaches, milk	Chicken Alfredo, garlic bread, broccoli, fruited jello, fresh orange smile, milk	Cold Cut sandwich, baked potato chip, vegetable baggie, dressing, fresh apple, fruit cup, milk	Meatloaf, mash potato, brown gravy, broccoli, wheat roll, cantaloupe melon, milk	Corndog, mustard, sugar snaps, dressing, fries, ketchup, cookie, fresh apple, milk	Operating Summer Food Program.	
	Cheeseburger, baked fungun, carrot stick, fresh apple, milk	Baked chicken, mash potato, b. gravy, peas, roll, pears, milk	Sloppy Joe on bun, oven fries, carrot stick, apple, milk	Beef vegetable stew, roll, corn cob, tropical fruit, milk		Free meals to child 18 years of age and under..	
	9	10	11	12	13	14	
	Hot creamy cornmeal, fruit bar, honeydew melon, milk	Breakfast bowl(scramble egg w/ham, tater tots, gravy) fruit, juice, milk	Cold cereal, blueberry bagel, cream cheese, mix fruit, milk	Sausage gravy over biscuit, orange smiles, fruit juice, milk	Breakfast burrito, salsa, peaches, milk		
	Macaroni & cheese w/dice ham, bresadstick, broccoli spear, chill pear, apple wedges, milk	Nacho Supreme, Spanish rice, sweet corn, cookie, pears, milk	Beef stew, corn cob, wheat roll, tropical fruit, milk	Baked pork chop, rice, gravy, wheat roll, mix vegetable, peaches, milk	Sloppy Joe on bun, oven fries, ketchup, celery stick, apple, milk		
	Spaghetti w/meat sauce, bread knot, toss salad, dressing, peaches, milk	Chicken alfredo, garlic bread, steam squash, peaches, milk	Grill Ham & cheese, oven fries, ketchup, celery stick, pears cookie, milk	Navajo Taco WG, fruited jell fresh orange, milk			
	16	17	18	19	20		21
	Bagel w/ cream cheese, assorted cold cereal, kiwi, orange, milk	Egg omelet (peppers, dice ham), toast, fruit, fruit juice, milk	Late Start	Hot oatmeal, wheat toast, jelly, mix fruit, fruit juice, orange smile, milk	Ham & egg on Croissant, mixed fruit, orange wedges, milk		
	Pepperoni Pizza, carrot & celery stick, dressing, cookie, diced pears, milk	Beef taco, taco salad, cheese, black bean, sweet corn, diced pears, milk	Sweet & sour pork, steam rice, fortune cookie, green bean, peaches, milk	Salisbury steak, m. potato, gravy, mix vegetable, wheat roll, peaches, milk	Grill ham & cheese, oven fries, ketchup, tomato soup, diced pears, grapes, milk		
Cheeseburger, oven fries, celery stick, fresh orange, milk	Baked pork chop, rice pilaf, sweet corn, wheat roll, pears, milk	Three cheese green chili enchilada, Spanish rice, sweet corn, peaches, milk	Beef stew, bread, tropical fruit mix, milk				
23	24	25	26	27	27		
Hot farina, wheat bagel, cream cheese, fruit milk	Scramble egg, slice turkey bacon, cinnamon roll, melon, milk	Yogurt w/ fresh berries, fruit cup, banana muffin, milk	Breakfast burrito, salsa, fruit, milk	Rice & raisin, cinnamon toast, peach, milk			
Beef & potatoes, green bean, dinner roll, fruited jell, honeydew melon, milk	Chili bean, cornbread, steamed green, fruited jell, cantaloupe, milk	Cold Cut sandwich, lettuce, tomato, chicken noodle soup, fresh apple, cookie, dried fruit, milk	Spaghetti w/meatball, green peas, wheat roll, tropical fruit, milk	BBQ pork pull sandwich, oven fries, fruit, cookie, milk			
Orange Chicken, steam rice, vegetable egg roll, carrot coin, watermelon slice, milk	Macaroni & cheese w/ dice ham, Texas toast, tropical fruit, milk	BBQ pork sandwich, baked potato chip, celery stick w/ dressing, fresh apple, milk	Salisbury steak, mash potato, gravy, mix vegetable, wheat roll, pears, milk	SCHOOL OUT!!			
HEALTHY MEALS IS GOOD FOR YOU!	Holiday	BREAKFAST OFFERING: K-12 GRADE/ HIGH SCHOOL BREAKFAST BAR	DAILY LUNCH OFFERING: K-8 GRADES (ELEMENTARY)	DAILY LUNCH OFFERING: HIGH SCHOOL (9-12)		Nellie James, Food Service Manager-Director	
	Memorial Day	MEAT/MEAT ALT: 10Z GRAINS: 1 OUNCE DAILY FRUIT: 1 CUP DAILY MILK (VARIETY): 8 OZ DAILY	MEAT/MEAT ALT: 1 OZ DAILY GRAIN: 1 OZ DAILY VEGETABLE: 6 OZ FRUIT: 1 CUP MILK (VARIETY): 8 OZ	MEAT/MEAT ALT: 2 OZ GRAINS: 2 OZ VEGETABLES: 6 OZ FRUITS:1 CUP MILK(VARIETY) 8 OZ DAILY		MENU SUBJECT TO CHANGE	
						FACE MASK REQUIRED @ CAFETERIA!	



HEALTHY MEALS IS GOOD FOR YOU!

